



# **Allergy & Asthma Center**

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[www.premierallergist.com](http://www.premierallergist.com)

# Allergies

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Allergy & Asthma Centers

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# Overview

- ▣ Allergic diseases
  - Allergic rhinitis
  - Asthma
  - Food allergies
  - Atopic dermatitis (eczema)
- ▣ Allergy Testing
- ▣ Treatment

# What are Allergies?

## Allergic Diseases

- ▣ Affect 30-35% of the population
- ▣ Perennial & seasonal allergic rhinitis/conjunctivitis
- ▣ Asthma
- ▣ Atopic and contact dermatitis
- ▣ Chronic urticaria
- ▣ Food allergies



# Spring is in the Air...



- ▣ Spring is the season when most allergies symptoms appear and allergy sufferers are most miserable.

# Allergic Rhinitis

- ▣ Seasonal (pollen)
- ▣ Year-round (dust mites, dog, cat)





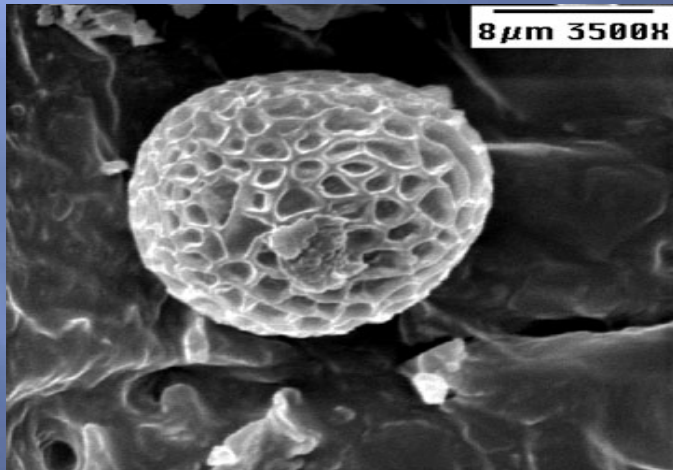
# Environmental Allergens

Dust mites

Pollen

Animal dander (cats, dogs)

Mold



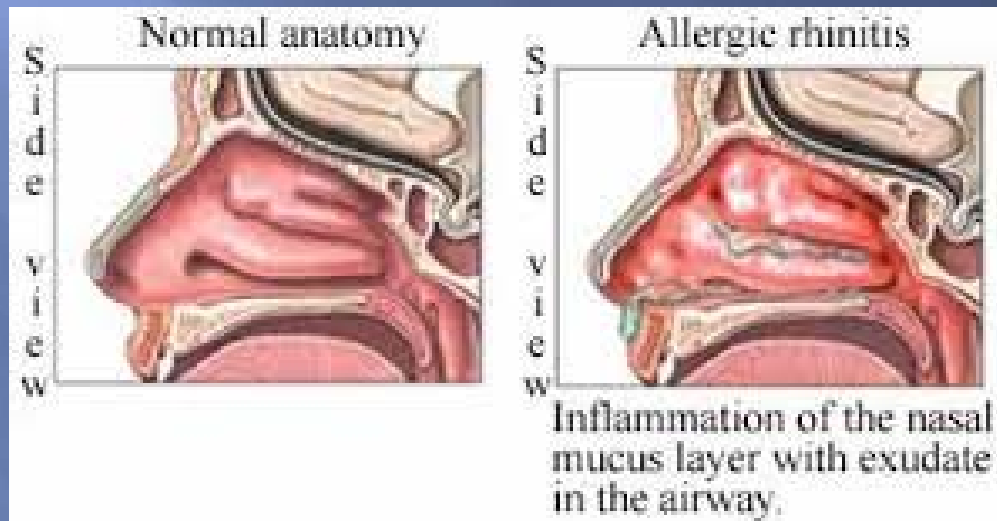
# Allergen Avoidance

- ▣ Dog, cat avoidance
- ▣ Dust mite avoidance
  - Dust mite proof covers—pillows/mattress
  - Sheets in hot water, at least 130 degrees F, weekly
  - Frequent vacuuming/dusting
  - No extra pillows/stuffed animals on bed
  - Avoid standing plants
  - Blinds instead of curtains
  - Tile/hardwood instead of carpet
  - Lower humidity





# Allergic Rhinitis



- ▣ Mucus production
- ▣ Itching & sneezing
- ▣ Inflammation

# Allergy Testing

- ▣ Lab test (blood test for specific IgE)
- ▣ Skin prick test (immediate hypersensitivity skin testing)
- ▣ Used to identify environmental allergens and food allergies

# Skin prick test



- Wheal and flare reaction

# Allergic Rhinitis--Treatment

- ▣ Antihistamines
- ▣ Intranasal corticosteroids
- ▣ Leukotriene antagonists
- ▣ Avoidance
- ▣ Immunotherapy (allergy shots, oral immunotherapy)



# Asthma

- ▣ Seventy percent of patients with asthma also have allergic rhinitis
- ▣ Coughing, wheezing, chest tightness, shortness of breath
- ▣ Allergic rhinitis, exercise, smoke, chemicals, stress all can be triggers
- ▣ Treat with inhaled corticosteroids, oral corticosteroids (for severe asthma exacerbations) singulair, bronchodilators
- ▣ Xolair

# Urticaria



# Urticaria

- ▣ Often triggered by viral illness
- ▣ Chronic urticaria
- ▣ Pressure, cold, hormonal
- ▣ Food
- ▣ Treat with antihistamines, Singulair, and/or H2 blockers, xolair, others



# Atopic dermatitis

- ▣ Eczema
- ▣ Dry, scaly rash on a red base, itchy
- ▣ Treat with antihistamines, topical steroids, immunotherapy
- ▣ In children, silent food allergy can sometimes cause worsening of eczema





# Food Allergy

- ▣ Peanuts, tree nuts, egg, soy, wheat, cow's milk
- ▣ Bony fish (finned fish), shellfish
- ▣ Protein sensitivities (celiac disease)
- ▣ Antihistamines, epinephrine

# Anaphylaxis

- ❑ Food, drugs, and insect stings (wasps, hornets, bees, fire ant)
- ❑ Acute and severe reaction to allergen
- ❑ Swelling, hives, gastrointestinal, respiratory, circulatory
- ❑ Massive histamine release from mast cells and basophils
- ❑ Vasodilatation leads to dramatic drop in blood pressure
- ❑ Often fatal if not treated with epinephrine

# Allergic Disease

- ▣ Increase in allergic disease over the past few decades
- ▣ Hygiene hypothesis
- ▣ Genetics
- ▣ Environmental factors - pollution

# Summary

- ▣ When symptoms interfere with daily life (miss work, school, sports, activities) or patient suffers, seek medical care (PCP or allergist)
- ▣ Evaluation and testing
- ▣ Compliance with treatment plans
- ▣ Immunotherapy: allergic rhinitis, asthma, eczema, stinging insect hypersensitivity



### **Hours**

**Mon: 9:00am – 6:00pm**

**Tues: 9:00am – 5:00pm**

**Wed: 10:00am - 7:00pm**

**Thurs: 9:00am - 5:00pm**

**Fri: 8:00am – 4:00pm**

**To schedule an appointment at the  
Greenbelt Allergy and Asthma Center, call  
us at 301-474-8118.**